

## **Networking Groups at Lawrence Livermore National Laboratory**

The Laboratory has two exceptional assets—its science and its people. LLESA is dedicated to helping the Lab recruit and retain an employee workforce with world-class skills and to offer that contemporary workforce services that reduce stress and help improve performance.

LLESA, the Livermore Laboratory Employee Services Association, is a not for profit corporation dedicated to providing desired services to Lab employees and LLESA members. Current LLESA programs include exercise and fitness classes, child care, an employee store, networking activity groups, an on-site massage program, discount tickets and Lab logo items.

LLESA sponsors over 35 employee networking groups from chess and cycling to volleyball and rubber stamping to quilting. The Networking Groups (NGs) are "activity centered." These employee groups focus on a common member interest and provide their members an opportunity to share their activity interest with others. Laboratory employees, retirees, and their families can pursue their exercise, cultural, educational, community service, and social activity interests together through LLESA-sanctioned Networking Groups.

### **Networking Groups Include:**

#### **Apple Computer**

Our members share information about all models of Apple and Macintosh computers. The group maintains extensive software and literature libraries for member use.

#### **Archers**

We encourage interest and participation in recreational archery, and provide opportunities for members to learn archery skills.

#### **Basketball**

We encourage interest and participation in recreational basketball.

#### **Bowling**

We encourage interest and participation in bowling, promote fellowship and sportsmanship, and provide opportunities for members learn and participate in the art of bowling.

#### **Chess**

We play chess! We provide a place and equipment to play chess games. We all learn as we go.

#### **Chinese American**

We promote cultural appreciation in our workforce and community. We offer and coordinate special events, training classes, community outreach activities, and annual scholarships.

## **Cycletrons**

We are a Lawrence Livermore Employee Services Association activity group. Through cycling, Cycletron members are engaged in and promote activities that are related to improved health, employee wellness and bicycle safety. The Lab recognizes that having programs that promote wellness and a variety of lifestyles results in a more productive and satisfied workforce.

## **Dance Band/Recreational**

We promote musical recreation and enjoyment. We provide an opportunity to maintain musical skills among LLESA members interested in Big Band music.

## **Folk Dance**

We meet weekly to learn and dance folk dances from around the world, and to learn more about the origin of the dances and the cultures they come from.

## **Social Dance**

We encourage interest and participation in social dance.

## **Frisbee/Glow Worms/Ultimate**

We promote participation in Ultimate and other frisbee sports by LLESA members. Ultimate is a game that keeps players aerobically fit.

## **GO**

We stimulate interest in the game of Go, provide a place for members to play, and introduce new players to the game.

## **Golf**

We encourage interest and participation in the sport as a recreational activity for LLESA members.

## **Healthy Lifestyles**

We support developing and practicing a Healthy Lifestyle by way of an affiliation with the "Weight Watchers @ Work Program". Our weekly meetings are a time to share new ideas, to celebrate successes, to encourage each other, and to learn how to incorporate new behaviors to achieve a Healthy Lifestyle.

## **Juggling**

We encourage interest and participation in juggling. All skills levels welcome!

## **Martial Arts**

This group was formed to extend the knowledge of martial arts to other LLNL employees and on-site LLESA members.

### **Metal Working Hobby Shop**

We provide a supervised shop with basic orientation/instruction in metal-working technologies and machine-tool operation for non-commercial member usage. Some limited materials are available for members' personal projects.

### **Misfit Musicians**

We promote the bringing together of various musicians to socialize and play out some tunes.

### **New Hires**

The purpose of the LLESA New Hires Networking Group is to improve the new Lab employee experience by conducting activities that new hires find informative and fun, and allow the new hires to network with each other, strengthening their ties to the Lab.

### **Organic Gardening**

We grow fruits and vegetables without using commercial pesticides; only organic products used to control insects and fertilize plants.

### **Piecemakers**

Love to sew, knit, or cross-stitch? Then here's the place for you. Come and mingle with others who share your interests. Benefits to a member include a monthly newsletter, discounts at local fabric stores, how-to classes, bus trips, etc.

### **Qi Gong (Chinese Meditation)**

We promote interest and participation in Qi Gong and provide opportunities for members to learn Qi Gong and T'ai Chi.

### **Retirees**

Our group sponsors many social and cultural activities including luncheons held monthly except for January, June, and October. We also offer a travel trips, dances, and a community service program.

### **Rubber Stamping**

We encourage interest and participation in stamping as a craft, promote fellowship and provide opportunities for members to learn the art of rubber stamping.

### **Vaqueros Del Mar Divers**

We are an officially sanctioned Activity Group of LLESA focused on skin and scuba diving. An important aspect of being an LLESA Activity Group is our visibility within and outside the Lab. We reach Lab employees and prospective employees through our e-mail, voice-mail and web-site - all of which would be difficult to do without LLESA support. LLESA and the visibility we get through our association with

them plays an important role in furthering VDM's goal to encourage and promote ***safe skin and scuba diving***.

LLESA helps us with more than just visibility. Through LLESA, we also have access to the LLNL pool for dive classes and refresher sessions for VDM members, we get assistance in posting notices of upcoming classes, and we have our monthly meeting in the West Cafeteria. We have also gotten regular financial assistance from LLESA for club activities. This past year, most of the postage for mailing newsletters to members and guests - one of our biggest expenses - was funded by LLESA.

VDM has been associated with the Lab and diving for over 40 years. It's been a good relationship and one we are proud of. LLESA continues to help VDM in our efforts to train new divers and provide an opportunity for members to get together regularly to socialize and team up for dive outings.

### **Shooters**

We promote hunting and shooting sports, as well as the safe and accurate use of firearms.

### **Site 300 Exercise Group**

We encourage a healthy and physically fit life-style for Site 300 employees through exercise.

### **Skaters (formerly known as Roller Skaters)**

We encourage interest and participation in recreational skating and hockey and provide for members to improve their skating skills.

### **Soccer**

We encourage interest and participation in soccer, emphasizing sportsmanship and fun. Players of all skill levels are welcome. The group consists of players from all over the world and provides a great environment in which to enhance your soccer skills.

### **Table Tennis**

We provide a place where members can play and enjoy the sport of table tennis.

### **Toastmasters/Microcentury**

We promote a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

### **Thunderbird Toastmasters/Sandia**

We encourage interest and participation in giving talks, promote fellowship and sportsmanship, and provide opportunities for members to learn the art of giving speeches.

### **A Toastmasters International Club**

Sandia California's Thunderbird Toastmasters make fun of your fear. Or rather, we engage in America's most commonly mentioned fear: *public speaking*, and have a lot of fun doing it! Yet, Toastmasters is not just about public speaking, but also improving skills for listening, leadership, running effective meetings, thinking on your feet, and improving confidence in social situations. We especially welcome beginners and the curious to visit our fun, regular meetings to see what Toastmasters is all about. Make fun of the fear.

### **Volleyball**

We provide instruction and coaching for all levels of play of volleyball, maintain player pool, and assist individuals and groups with team formation. We act as information center and liaison with local rec leagues and NCVA tournament play.

### **Whitewater Canoeing and Kayaking**

Information will be given via phone to interested LLNL employees.